

## Issue 14 July 20, 2007

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### Items of Interest:

**Heat stroke.** During the summer months, people exercising outdoors should keep in mind that heat stroke is an ever-present threat. No matter how physically fit you may be, heat stroke can happen. There are a few precautions you can take to keep yourself from suffering from heat stroke: dress for the heat, drink plenty of liquids (especially water), eat small meals and eat more often, avoid salt unless directed by a physician, stay indoors during days that are extremely hot and humid, take regular breaks during outdoor activities, and slow down.

# Navy and Marine Corps Medical News

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## Navy Begins Construction of First-Ever Joint Health Care Facility

By Bill Couch, Naval Facilities Engineering Command Midwest Public Affairs

**GREAT LAKES, II.** - Officials from the Navy, Department of Veterans Affairs (VA), and federal and local government joined in a ceremonial groundbreaking here July 2 for the first-ever joint Navy-VA Federal Health Care Facility (FHCF).

Naval Facilities Engineering Command (NAVFAC) Midwest is working with Joseph J. Henderson & Son, Inc., of Gurnee, Ill., on the first phase of construction. The facility will be the first to use a completely integrated Navy-VA staff to treat recruits, active-duty service members, retirees, family members

and veterans.

"Today we mark the beginning of construction that will eventually produce a first-of-its-kind facility," said Capt. Bob Gibbs, commanding officer of NAVFAC Midwest. "In building the new parking and utilities infrastructure for this facility, we set the stage for the physical merger of two very capable medical centers into one comprehensive, efficient, state-of-the-art hospital. We are laying the groundwork, literally, for the best medical care our nation can provide to our service members, retirees, veterans, and

*(Continued on page 3)*



**ODESSA, Ukraine** - Ukrainian marines and U.S. Navy hospital corpsmen work together during a medical exercise at the Shiroky Lan training camp during exercise Sea Breeze 2007, July 10. Sea Breeze is a two-week joint invitational and combined maritime exercise held annually in the Black Sea and at various land-based Ukrainian training facilities with the goals of enhancing multinational interoperability, developing Black Sea-nation maritime security capabilities, and improving involvement in Navy Europe's larger Black Sea Theater Security Cooperation (TSC) strategy. *U.S. Navy photo by Mass Communication Specialist 2nd Class Michael Campbell*

## Robinson Nominated to Become Next Navy Surgeon General

By Ellen Crown, National Naval Medical Center Bethesda Public Affairs

**BETHESDA, Md.** - Rear Adm. Adam M. Robinson Jr., Commander of the National Naval Medical Center (NNMC), has been nominated by President George W. Bush to become the next Navy Surgeon General, Defense Secretary Robert M. Gates announced July 6.

If confirmed by the Senate, Robinson, who is currently chief of the Navy Medical Corps and Commander of the Navy Medicine National Capital Area Region, will become the 36th chief of the Bureau of Medicine and Surgery in Washington. Vice Adm. Donald C. Arthur is the current Navy Surgeon General.

"I am excited for the challenges that lay ahead," Robinson said. "Navy medicine remains committed to not only Force Health Protection, but also excellence in research and development and the establishment of a world class, fully integrated military treatment facility here on the Bethesda campus. We need to ensure that science and technology keep up with the needs of clinical care."

Robinson, a native of Louisville, Ky., earned his Doctor of Medicine degree from the Indiana University School of Medicine and specialized in colon and rectal surgery at Carle Foundation Hospital, University of Illinois School of Medicine. He also has a master's degree in business administration from the University of South Florida.

Over his 30-year naval career, Robinson has held assignments all over the globe, including Puerto Rico, Japan and Haiti. Robinson has served as medical officer to the commander of Naval Surface Force, U.S. Atlantic Fleet. He has served as commanding officer of Fleet Hospital Jacksonville and U.S. Naval Hospital Yokosuka. Robinson has also held the position as deputy chief, Bureau of Medicine and Surgery for Medical Support Operations.

Robinson's personal decorations include two Legion of Merit awards, two Defense Meritorious Service Medals, three Meritorious Service Medals, a Navy/Marine Corps Commendation Medal, a Joint Service Achievement Medal, a Navy-Marine Corps Achievement Medal as well as various other service and campaign awards.

## Director of the Navy Nurse Corps, Bruzek-Kohler Promoted

By Valerie Kremer, Bureau of Medicine and Surgery Public Affairs Office

**WASHINGTON, D.C.** - The 21<sup>st</sup> Director of the Navy Nurse Corps was recently promoted to the rank of Rear Admiral (upper half).

Rear Adm. Christine M. Bruzek-Kohler was promoted to her current rank by Vice Adm. Donald Arthur, the Surgeon General of the Navy, at the Bureau of Medicine and Surgery, July 3. She is also currently serving as chief of staff at the Bureau of Medicine and Surgery.

"The Navy Nurse Corps actively supports the Navy and Marine Corps Team and with an outstanding professional community of active duty and reserve personnel we are focused on accomplishing the medical readiness and health benefit missions of Navy Medicine," said Bruzek-Kohler. She went on to add, when she was beginning her career plans, "There was nothing else in my life more important to me, than getting a nursing degree and joining the Navy. Today, I work with the finest nurses in the world and this is really a job of a lifetime."

Bruzek-Kohler, a Camden, N.J. native, is a graduate of Villanova

University, where she received a BS in Nursing and her commission as an Ensign in 1974. She also holds a Masters of Education from Providence College, and a Master of Arts and Doctor of Education from George Washington University.

A few examples of her many accomplishments and assignments with Navy Medicine, include Charge Nurse at the National Naval Medical Center in Bethesda, Maryland; Staff Nurse at the US Naval Regional Medical Center, Naples Italy; Ambulatory Care Coordinator at the Naval Hospital Newport, R.I.; Director of Academic Support Department, Naval School of Health Sciences; Director of Nursing at U.S. Naval Hospital, Guam; and the Naval Medical Inspector General, Bethesda, MD.

Bruzek-Kohler's personal decorations include the Legion of Merit (two awards), Meritorious Service medal (two awards), Navy and Marine corps Commendation Medal (two awards), Navy and Marine Corps Achievement Medal (two awards), and various service awards.



Bureau of Medicine and Surgery file photo.

## Comfort Treats Thousands During Four-day Visit to Panama

By Mass Communication Specialist 2nd Class Joshua Karsten, USNS Comfort Public Affairs

**COLON, Panama** - Collectively, personnel from the U.S. Navy, Air Force, Army, Coast Guard and Public Health Service, along with Project Hope volunteers, Canadian Forces doctors and medical personnel from USNS Comfort (T-AH 20) treated nearly 5,000 patients during a four-day site visit at the Al Brown Arena in Colon in early July.

"We were offering pediatric medicine, adult medicine, dentistry, and optometry," said Lt. Johnny Ramos, site leader for the event. "We also had physical therapy for two days and a pharmacist on board dispensing medications."

Patients lined the streets July 5 through 9 to receive the medical support and assistance provided by the Comfort team.

"The reception was great. It's been overwhelmingly positive," Ramos said. "They were glad to see us here and we were glad to be there."

In addition, Comfort personnel treated approximately 20,000 patients at Juan Antonio Nunez Policentro and Amador Guerrero Hospital, for an overall total of nearly 25,000 patients.

Comfort is on a four-month humanitarian deployment

## Joint Facility continued...

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their family members.

"This effort underlines the fact that the Navy considers its people—past and present—to be its most valuable resource," said Gibbs.

Naval Health Clinic (NHC) Great Lakes is gradually merging operations with the existing VA staff and facilities. This will provide a full range of modernized medical and support resources for patients while at the same time eliminating costly duplications that currently exist between the two nearby medical facilities. The overall FHCF is planned for completion in 2010, and is expected to save approximately \$160 million over the projected 40-year life span of the facility.

"This truly is a unique endeavor," said Capt. Thomas McGue, commanding officer of NHC Great Lakes.

"When you look at where we were and where we have gone, this is definitely not your father's VA," said



**COLON, Panama** - Lt. Cmdr. Harry Ko, U.S. Public Health Service attached to Military Sealift Command hospital ship USNS Comfort (T-AH 20), provides medical care at the Paul Brown Arena July 6. U.S. Navy photo by Mass Communication Specialist 2nd Class Joshua Karsten

to Latin America and the Caribbean providing medical treatment to patients in a dozen countries.

Patrick Sullivan, director of the North Chicago VA Medical Center. "Who would have thought that in our operating rooms today we would have Navy surgeons working alongside VA nurses and other support staff, and that we would also have kids being treated here?"

"And let's not forget about the young men and women who are fighting in Iraq, Afghanistan and so many other places around the world to ensure we are safe at home," added Sullivan. "As they are answering the call, so must we ensure they receive the best possible care when they return home."

Construction under the \$16 million contract, awarded May 25, includes a staff parking area, four-story parking garage for patients, new site entryway, traffic light on Green Bay Road and utility work to prepare for the eventual addition of a new wing to the current North Chicago VA Medical Center. Completion of the parking and infrastructure project is expected in June 2008.



**DA NANG, Vietnam** - Lt. Kevin Haveman, assisted by Hospital Corpsman Morgan Steel, performs an extraction on a local child during a dental civic action program conducted in support of Pacific Partnership 2007, July 16. The medical, dental and engineering support programs, with the cooperation of the Da Nang Ministry of Health, assists the Vietnamese people in providing the local community with a wide range of services. U.S. Navy photo by Mass Communication Specialist 3rd Class Patrick M. Kearney



## Naval Hospital Oak Harbor Opens Deployment Health Clinic

By Mass Communication Specialist 1st Class Bruce McVicar and Mass Communication Specialist 2nd Class Tucker Yates, Fleet Public Affairs Center Det. Northwest

**OAK HARBOR, Wash.** - Naval Hospital Oak Harbor (NHOH) opened a new Deployment Health Clinic (DHC) at Naval Air Station (NAS) Whidbey Island, July 1.

"This clinic is the Navy medical community's future way of doing business," said Capt. Vernon Morgan, Branch Clinics and Flight Medicine director. "This new idea will inevitably come with some obstacles, but NHOH will identify and correct the discrepancies."

NHOH was handpicked by Naval Air Enterprise, Bureau of Navy Medicine (BUMED), and Naval Air Forces to be the pilot study for this Navy project.

"The DHC is an integration of three separate organizations which makes it challenging," said Lt. Cmdr. Leslie Brown, department

head of the DHC. "This is a coordinated effort between BUMED, the squadron Aviation Physiological Technicians and the Reserves."

The DHC provides service members with the means to reach the six elements of deployment readiness prior to leaving. These elements include immunizations, blood work, dental, personal medical equipment, identifying any deployment limiting conditions and the preventive health assessment.

"The Deployment Health Clinic will centralize all aspects of health care needed for deployment readiness," said Hospital Corpsman 1st Class Jason McGuire, leading petty officer of the DHC. "Our goal is to increase the readiness of all Sailors and Marines to 100 percent."

The clinic can see up to 30 patients a day using seven full-time and two part-time medical staff.

"I'm proud to be part of contributing to the readiness and health of active duty Sailors and Marines,"

said Nina Kamberger, periodic health assessment coordinator.

The medical readiness process begins with a preventive health assessment on each service member's birth month.

"I learned about healthy eating and maintaining a proper diet during my health assessment," said Yeoman Seaman Juan Ojeda. "It's good to have something like this keeping everyone on track."

The clinic conducts pre-deployment assessment, ensuring that Sailors and Marines are medically prepared to deploy. They also conduct post-deployment assessments and a reassessment after returning for 90 to 180 days.

"My hope is that the DHC will become a Navy-wide model," said Brown. "This is how our Sailors and Marines should be taken care of."

The DHC will officially move into its permanent home in the hospital, July 12.

## Pacific Partnership Joins with East Meets West During Vietnam Visit

By Mass Communication Specialist 3rd Class Patrick M. Kearney, USS Peleliu Public Affairs

**DA NANG, Vietnam** — Sailors and non-government organizations (NGOs) that make up the Pacific Partnership dental team, joined with the Da Nang-based East Meets West Foundation (EMWF) to conduct a dental civil action program (DENCAP) at the Mother's Love Medical Clinic in Da Nang.

Pacific Partnership serves as an enabling platform through which military and NGO's coordinate assistance efforts in conjunction with the government of Vietnam.

During the DENCAP, dentists and assistants performed procedures ranging from cleanings to extractions for more than 150 Vietnamese locals, mostly consisting of children.

"Participating in this exchange is a great opportunity to help those that really need the help," said Hospital Corpsman 1st Class (FMF) Lavonne Nelson "It's great to come out here and provide quality care."

The EMWF was started in 1988 by LeLy Hayslip and has continued to help the people of Vietnam through proper medical treatment and education through programs held at the Mother's Love Medical Clinic as well as the Peace Village Medical Center, also in Da Nang. Hayslip, whose life story was chronicled in two books she wrote and in Oliver Stone's film, "Heaven and Earth,"

where she returned to her village of Ky La in Central Vietnam, according to East Meets West's Web site.

"It's been a good experience working with the Americans," said Claire Castle, a dental student from Birmingham, England, and a volunteer with EMWF. "If I had the chance to work in a multi-national setting like this again, I would definitely volunteer again."

The medical, dental and engineering support programs provided though Pacific Partnership assist the Vietnamese in providing the local community with a wide range of services. For this mission, the partnership includes the government of Vietnam and regional partners from Japan, Malaysia, Singapore, Canada, Australia, the Republic of Korea, and India, Navy personnel, military and civilian preventive medicine teams, U.S. Air Force, Army, and Uniformed Health Services medical personnel, NGOs and a Navy mobile construction team.



## Public Health Service Promotes Officers in Historic Ceremony

By Mass Communication Specialist 3rd Class Tyler Jones,  
USNS Comfort Public Affairs

**USNS COMFORT, At Sea** - Five officers embarked aboard the Military Sealift Command (MSC) hospital ship USNS Comfort (T-AH 20) promoted to ranks ranging from lieutenant to captain in the U.S. Public Health Service's (USPHS) first at-sea promotion July 3.

Ceremony participants and guests gathered on the flight deck for the ceremony despite high winds and rolling seas.

"When the pictures from today make it back to Washington, there will be no doubt that this ceremony was held at sea," said Capt. Bob Kapcio, Comfort's humanitarian assistance mission commander.

Kapcio praised the USPHS members for their dedication to Comfort's four-month humanitarian assistance deployment to Latin America and the Caribbean, saying he was proud to work alongside Public Health Service members.

"I have never been as impressed with an organization as I have with the Public Health Service," said Kapcio. "They have absolutely astounded me with their can-do attitude, their spirit and their enthusiasm for this mission."

Capt. Craig Shepherd, a USPHS environmental health officer and officer in charge aboard Comfort, said he hopes the partnership between the Public Health Service and the U.S. Navy can be the beginning of a more far-reaching relationship.

"We (USPHS) have an on-going and closely-linked



U.S. Navy file photo.

relationship with other services," he said. "We hope to be involved in more missions like this one in the future."

USPHS personnel are embarked on Comfort during its 120-day humanitarian assistance deployment to Latin America and the Caribbean providing medical treatment to patients in a dozen countries.

During the deployment, Comfort is under the operational control of U.S. Naval Forces Southern Command, and the tactical control of Destroyer Squadron 24.

## Resiliency – A New Approach for Managing Stress

By Hugh Cox, Navy Environmental  
Health Center Public Affairs

**PORTSMOUTH, Va.**— The Navy Environmental Health Center (NEHC) emphasizes use of resiliency techniques to help Sailors and Marines deal with stress.



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According to Dr. Mark Long, Psychologist and public health educator with NEHC, "resiliency", the term given to strategies and techniques for dealing with stress, is not "magic." Rather, it is simply a strategy and skill that enables individuals to "bounce back" from every day stressors.

Long suggests that individuals who maintain a positive outlook on life are typically more resilient when faced with stress than those who aren't. "All of us face daily stressors and hassles," said Long. "We see some athletes who rebound quickly after a bad or difficult situation while others fall apart or stay stuck in the past. Which would you like to do?"

While "resiliency" and "stress management" are often used syn-

onymously, there are key differences. Where stress management focuses on "what you do" during stressful situations, resiliency focuses on "who you are."

Building resiliency over time helps to raise an individual's tolerance level to stressful situations. With increased resiliency, stressors are less likely to have the same impact that they once may have had and allow a person to adjust and adapt.

"We all want to recover quicker, faster and better," said Dr. Long. "And resiliency is a practical and effective strategy to help us."

For more information on resiliency, visit the NEHC website at <http://www-nehc.med.navy.mil/hp/stress/Resilience.htm>.